

# **Bryan Parks and Recreation AMERICAN RED CROSS LIFEGUARD TRAINING COURSE**

The purpose of the American Red Cross Lifeguard Training course is to teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies. The course includes Lifeguarding, CPR/AED and First Aid. Upon successful completion of the Lifeguard Training course, each participant will receive three American Red Cross Universal Certificates: Lifeguard Training, First Aid, and Lifeguard CPR/AED that are all valid for 2 years.

## **Course Prerequisites:**

- 15 years of age by the end of the class
- Pass a pre-course screening in swimming skills:
  - \* 300 yard continuous swim
  - \* Tread water for 2 minutes only using legs. Candidates must either hold hands out of water or place them under arm pits
  - \* Timed Skill: Swim 20 yards, retrieve 10 lb brick from 10 ft depth, swim back 20 yards, and climb out of pool without using a ladder or steps in 1 minute 40 seconds.

## **Certification requirements:**

- Demonstrate competency in all required skills
- Demonstrate competency in the three final skill scenarios
- Correctly answer at least 80% of the questions in each of the four sections of the final written examination

### **Course Location**

Bryan Aquatic Center 979-209-5222  
3101 Oakridge Drive Bryan, TX 77802

### **Course Fee**

**\$150.00 Residents**

**\$165.00 Non-Residents**

(cost includes course fee, pocket mask )

Ask for more information about Lifeguard Challenge Class

**PAYMENT MUST BE PAID IN FULL UPON REGISTRATION**

### **Items to bring to class**

Swim Suit: Female (one piece suit) Male (suit with liner)  
Towel  
Lifeguard Book\*

### **Course Dates**

**Session 1** Thursday, March 20 - Sunday March 23

**Session 2** Thursday, April 3 - Sunday April 6

**Session 3** Thursday, April 24 - Sunday April 27

**Session 4** Thursday, May 1 - Sunday May 4

**Session 5** Thursday, May 8 - Sunday May 11

**Session 6** Thursday, May 15 - Sunday May 18

**Session 7** Thursday, May 22- Sunday May 25

**Session 8** Thursday, May 29- June 1

**Session 9** Thursday, June 5 - Sunday June 8

### **Course Times**

Thursday 5:00pm-9:00pm

Friday 5:00pm-9:00pm

Saturday 8:00am-6:00pm\*

Sunday 8:00am-6:00pm\*

\*There will be a break for lunch.

### **Registration Information**

Registration for this course is at the Bryan Aquatic Center.

Each session must have a minimum of 5 participants to be held.

Maximum session enrollment is 20 participants.

No refunds will be given if unable to complete course requirements.

For more information contact the Bryan Aquatic Center 209-5222 or [www.BryanParksandRecreation.com](http://www.BryanParksandRecreation.com)

## Lifeguard Certification Course Registration Form

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Birth date: \_\_\_\_\_

Emergency Contact Name & Phone Number: \_\_\_\_\_

Course Session:    I        II        III        IV        V        VI        VII        VIII

I, the undersigned hereby agree to participate in the Bryan Parks and Recreation Lifeguard Training. I certify that, to the best of my knowledge, I am/ or testify that the minor for-mentioned is: physically fit and able to engage in the programmed activities. I agree to indemnify and hold the City of Bryan and its employees harmless from any liability, loss, cost or expense (including but not limited to attorney's fees, medical and ambulance costs) that I may incur as a result of my participation in any Lifeguard Training activities. In the case of emergency, I give my permission for emergency medical treatment. This statement is also valid for any minors that I allow to participate. My signature acknowledges that I understand and agree to the above conditions.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

FOR OFFICE USE ONLY

Date: \_\_\_\_\_ Paid: \_\_\_\_\_ Check Cash Charge Receipt Number: \_\_\_\_\_ Staff Initials: \_\_\_\_\_

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